

How I Act:

- I get along well with groups of two or three. I can share and take turns.
- I test the rules by breaking them – especially with my mom.
- I like using swear words, silly words and bathroom words. Often I talk too loud and tattle.
- I may act rough and tough – sometimes I may even hit, bite and bully.
- My feelings are easily upset and I may have stomach aches and temper tantrums.
- I may show my sexual interest in games like “show” or “doctor.” I am interested in what goes on in the bathroom and may masturbate more.
- I may be more fearful and have more nightmares.
- I may tell you I do not like you anymore if I do not get my way.
- Some sounds, such as fire engines, may scare me.
- I may think that my “bad” thoughts may actually make bad things happen.

How to Keep Me Safe:

- See that tools, household cleaners, paint, garden products, and particularly medicines, are properly stored and never where I could reach them (even by climbing on a chair).
- Be sure I learn safety rules and enforce them strictly. I should memorize my address and phone number. I can learn to keep myself safe.
- Be a good role model. Always use seat belts in the car.
- I need to wear a bicycle helmet each time I ride my bicycle.
- I need a well-child check when I am four years old.
- Teach me what to do if someone touches me in a way that makes me feel uncomfortable.
- Do not store snack foods up high or over the top of the stove, as I might try to get a snack someday and fall or burn myself.

This information lists activities and normal signs of growth and development that most children will be able to do during this time period. If you have questions about your child's performance or growth and development, contact your health care provider or local health department.

It is important that children have regular health checks at the ages of 2 weeks, 2 months, 4 months, 6 months, 9 months, 12 months, 15 months, 18 months, 2 years, 3 years, 4 years, 5 years, 6 years, 8 years, 10 years, 12 years, 14 years, 16 years, 18 years, 20 years. For information on medical coverage, contact your local community service office. If you have medical coupons, ask your doctor or health care provider for a “Healthy Kids” or EPSDT screening.

How I Grow



4
Years
Old

How I Develop:

- I like to choose my foods and eat with little help. I can spread with a knife. I like to set the table and to eat with the family.
- I may skip my nap or take a long one of an hour or more. I usually fall asleep easily at bedtime and sleep through the night.
- I can comb my hair and brush my teeth. I go to the bathroom by myself and put on my clothes fairly well. I may need help in wiping my bottom.
- I have a sense of humor. I put my toys away and I may become over-generous with my possessions.
- I can say numbers in order, but cannot actually count objects beyond one, two and many.
- I frequently giggle over names of body parts and make bathroom “jokes”.
- Now I can draw a circle, a cross, and a person with head and legs.
- I like to be dramatic, use my imagination, and tell tall tales.
- I like to practice with words and ask lots of questions. I like to imitate you, my friends and strangers.

How You Can Help Me Learn:

- This is a good time to give me simple information. The aim should be to get across feelings of modesty and privacy rather than shame and embarrassment.
- At four, I like “how” and “why” stories, about real things and children like myself, books of nonsense, rhymes, and animal heros.
- Group singing and musical games are fun. I can run my own tape recorder. Television should be limited, so it doesn't take the place of my own imagination.
- Nature study trips are good, particularly when I can touch, smell and hear things, as well as see them.
- Try not to argue with me, but help me keep the rules. Keep the rules simple and limited to really important things. If you want me to do something, I will cooperate if it is a game – a boat in the bathtub may help me with my bath or picking up dirty clothes with my toy truck may help me to go along.
- Words like “it is time to...” or “the rule is...” will work better than “I told you to...”
- Let me have choices – like wearing the green or blue sweater.
- Let me know that bad thoughts do not make bad things happen.

- Even though I have a million questions, try to answer them all.
- Just because I tell stories or break rules, that does not mean I am a bad kid or a liar. If you call me names, I will believe you! Separate me from what I do. I do “good” and “bad” things, but I am a good person.
- Let me know about good things I am doing and notice these more than my silliness, tattling or use of “bad” words.
- I am ready to be a real help. I can feed the dog, make my own sandwich, empty the wastebaskets or answer the telephone (you need to teach me the right way to answer).
- I need lots of chances to learn by doing.
- Preschool or Headstart really helps – I get lots of chances to use my muscles, get ready for school and practice getting along with friends.
- Trips to places like the zoo or the park are other ways to learn about the world around me.
- Send me to kindergarten only when I am ready. Check with my preschool teacher or my local school to make sure I am ready for kindergarten if you are thinking of sending me when I am five.



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